**Categorical Knowledge**

**Lifespan:** For them, family needs are above individual needs. Marriage considered the means to building families. Marriage is of high value. Highest percentage of marriage (65%) and lowest divorce rate (4%). The aging population has a high occurrence for psychological distress and disorders, dementia, cancer. Average life expectancy is 80.7 years old.

**Spirituality:** Within the Asian culture 74% are affiliated with a religion (Christianity, Buddhism, and Hinduism).

**Stressor:** Discrimination due to race or culture, pressure to look up to the model minority stereotype, parental pressure to succeed in academics, family obligations, difficulty balancing two different cultures.

**Ethnopharmacology:** Need lower doses of meds in general because they are intermediate metabolizers (slower to process), use a lot of herbs, many drug interactions.

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**Health Care Disparities**

Asian Americans are labeled the “model minority”, their concerns often go untreated.

Many health disparities such as cancer, heart disease, HTN, diabetes, mental health disorders.

Suicide is one of the leading causes of death in young Asian American adults (Asian Americans view mental illness as a weakness and are often ashamed to seek help).

Other health disparities include: cultural/language barrier, limited access to culturally appropriate health care, lack of health care screening, overall stigma surrounding health.

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**Societal Issues that Affect Health and Nursing Care**

**Language/culture:** Affects in help seeking, making appointments, locating health facility

**Lack of health insurance:** Very prominent among Asian Americans, due to small business employment or multiple low-wage jobs.

**Immigrant status:** Illegal immigrant status can play a huge role in affecting nursing care because most of them can’t have jobs that offer health insurance.

**Health literacy:** Affects situations such as understanding labels, appointment slips, health education flyers, complex healthcare systems.

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**Culturally Competent Nursing Care**

- **Familial Risk:** Risk for illness/mental disorders due to the lack of openness in discussing illness, Asian Americans dismissing, denying, or neglecting their symptoms.

- **Stigma** of carrying diseases that affects their self-esteem and willingness to seek help.

- **Seen as “model minority”**, however their complaints are dismissed.

- **Family pressure to succeed** impacts their mental health and well-being.

- **Protective Factors:** Strong ethnic identity, high self-esteem - when living in cohesively ethnic communities can prevent depression.

- **Strong family connectedness** - due to family values, low divorce rate and traditional customs.

- **Strong assimilation rate of a minority population into the dominant culture** – depending on generation, education, how much they retain from their old culture – leads to a sense of belonging.

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**References**


